

Pengaruh Pemberian Kombinasi Jus Tomat Dan Virgin Coconut Oil Terhadap Kadar LDL Di Pusbindu Desa Blabak

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ABSTRAK

Low Density Lipoprotein(LDL) atau kolesterol jahat, dikatakan kolesterol jahat karena LDL berperan membawa kolesterol kesel dan jaringan tubuh, sehingga bila jumlahnya berlebihan, kolesterol dapat menumpuk dan mengendap pada dinding pembuluh darah dan mengeras menjadi plak. Penelitian ini dilakukan untuk mengetahui pengaruh pemberian kombinasi jus tomat dan *virgin coconut oil* terhadap kadar LDL di Posbindu Desa Blabak. Pemberian kombinasi ini mempermudah responden untuk mengkonsumsi Virgin coconut oil dengan pelarutnya yaitu jus tomat sehingga kadar LDL akan menurun lebih cepat dan signifikan serta dapat membantu responden mengurangi minum obat farmakologi.

Jenis penelitian ini adalah jenis penelitian *pre-eksperimental* dengan pendekatan pre-post test. Metode pengambilan data menggunakan *Random Sampling*, hasil penelitian menggunakan metode *Paried Simple T-test*. Subjek penelitian yaitu 20 responden yang mengalami hiperkolesterol yang tidak mengkonsumsi obat selama proses pemberian intervensi.

Hasil penelitian didapatkan Sebagian besar responden mengalami penurunan yang cukup banyak dengan dosis yang telah ditentukan yaitu 230 ml dengan waktu pemberian 2 x 1 hari, penurunan tersebut juga didukung dengan kegiatan yang sering dilakukan oleh reponden serta dibantu dengan memakan makanan yang bergizi dan mengurangi makanan bersantan. Terdapat juga responden yang mengalami penurunan yang sedikit, setelah ditelaah lebih lanjut didapatkan hasil bahwa beberapa responden tersebut terlalu banyak memakan sayur yang bersantan dan jeroan dan kurang melakukan kegiatan yang dapat mengurangi lemak-lemak dalam tubuh.

Pemberian kombinasi jus tomat dan Virgin coconut oil selama 2 minggu mampu menurunkan kadar LDL secara signifikan dengan nilai $\alpha < 0,05$ didapatkan hasil signifikan 0,000 ($\alpha < 0,05$) karena nilai signifikan $< 0,05$ yang berarti ada pengaruh dari pemberian kombinasi jus tomat dan *virgin coconut oil* di posbindu desa blabak. Dengan besar penurunan sekitar 20-30 mg/dl.

Kata Kunci : *Low Density Lipoprotein (LDL)*, Jus Tomat, Virgin Coconut Oil

The Effect of Giving a Combination of Tomato Juice and Virgin Coconut Oil on LDL Levels in Pusbindu, Blabak Village

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ABSTRACT

Low Density Lipoprotein (LDL) or bad cholesterol, is called bad cholesterol because LDL plays a role in carrying cholesterol to cells and body tissues, so that if the amount is excessive, cholesterol can accumulate and settle on the walls of blood vessels and harden into plaque. This research was conducted to determine the effect of giving a combination of tomato juice and virgin coconut oil on LDL levels in Posbindu, Blabak Village. Giving this combination makes it easier for respondents to consume virgin coconut oil with the solvent, namely tomato juice, so that LDL levels will decrease more quickly and significantly and can help respondents reduce taking pharmacological drugs.

This type of research is a type of pre-experimental research with a pre-post test approach. The data collection method used Random Sampling, the research results used the Paired Simple T-test method. The research subjects were 20 respondents who experienced hypercholesterolemia who did not take medication during the intervention process.

The research results showed that most of the respondents experienced quite a decrease with the prescribed dose, namely 230 ml with a administration time of 2 x 1 day. This decrease was also supported by the activities frequently carried out by the respondents and was assisted by eating nutritious food and reducing foods containing coconut milk. There were also respondents who experienced a slight decrease, after further investigation it was found that some of these respondents ate too many vegetables containing coconut milk and offal and did not do enough activities that could reduce body fat.

Giving a combination of tomato juice and virgin coconut oil for 2 weeks was able to reduce LDL levels significantly with a value of $\alpha < 0.05$, a significant result of 0.000 ($\alpha < 0.05$) was obtained because the significant value was < 0.05 , which means there was an effect from giving the combination of juice. tomatoes and virgin coconut oil at Posbindu, Blabak village. With a large decrease of around 20-30 mg/dl.

Keywords: Low Density Lipoprotein (LDL), Tomato Juice, Virgin Coconut Oil